



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

SCIENCE

Welcome to the Department of Exercise Sciences

Exercise Sciences: Stretching the boundaries of knowledge – working out how brain and body function.



Exercise scientists investigate the nature of physical activity and how it changes the human body when it is growing, performing incredible physical feats, ageing, or at risk of disease.

Postgraduate study in the Exercise Sciences is exciting and provides opportunities to: focus your interest in movement neuroscience, biomechanics, exercise physiology, or exercise psychology, and extend your knowledge of how exercise sustains health, improves disease outcomes, and enhances human performance.

Exercise scientists develop prescriptions for exercise, techniques for analysing human performance, and novel interventions to reduce chronic disease risk and improve recovery.

Exercise Sciences offers two postgraduate tracks; the primarily research-focused BSc(Hons), MSc and PhD programmes, and the internationally accredited two-year Clinical Exercise Physiology (CEP) programme that can be taken as either a PGDipSci or MSc.

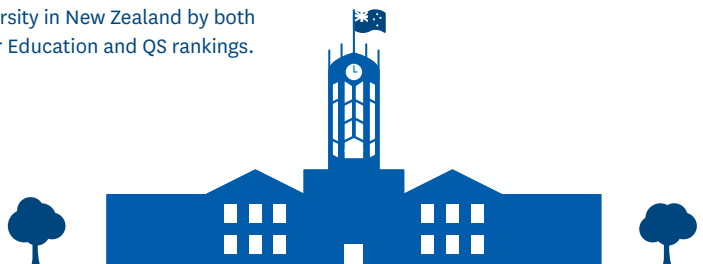
Graduates in CEP will become allied health professionals providing innovative practice across the health industry. Both tracks will interest Exercise Sciences' graduates and graduates of physiology, engineering, psychology and health science disciplines.

We welcome enquiries about postgraduate study in CEP from physiotherapists, physicians, nurse specialists and allied health professionals.

ASSOCIATE PROFESSOR GREG ANSON
Head of Department

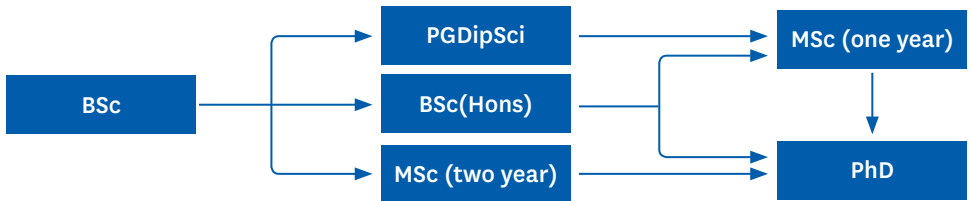
In 2016 the Department of Sport and Exercise Science changed its name to the Department of Exercise Sciences. The name reflects the department's academic focus as a discipline, with the objective to understand movement and its contribution to sustainable health through exercise, sport, physical activity and rehabilitation.

The University of Auckland is the highest ranked university in New Zealand by both Times Higher Education and QS rankings.



Postgraduate study options in Exercise Sciences

- Research: BSc(Hons), MSc and PhD in Exercise Sciences
- Clinical: taught PGDipSci and MSc in Clinical Exercise Physiology



For Clinical Exercise Physiology and Exercise Sciences programmes go to www.es.auckland.ac.nz/pg

Exercise Sciences

1

The average number of years it takes to complete a Bachelor of Science (Honours) degree



Part-time must be completed within two years

For admission to the BSc(Hons) please consult the University of Auckland Calendar.

Prerequisites

Bachelor of Science (BSc) in Sport and Exercise Science, Exercise Sciences or equivalent as approved by the Head of Department

- At least 90 points at Stage III
- Attained at least a B average in 45 points above Stage II in the relevant subject major as specified in the Bachelor of Science regulations or equivalent

Programme structure

The BSc(Hons) requires completion of select 700-level courses and submission of a research honours dissertation with a total value of 120 points.

Option one:

- 15 points EXERSCI 705
- 45 points from EXERSCI 780 (Dissertation)
- 60 points from EXERSCI 702-704, 706-714

Option two:

- 15 points EXERSCI 705
- 45 points from EXERSCI 780 (Dissertation)
- 45 points from EXERSCI 702-704, 706-714 and a further
- 15 points from 700-level courses in a related subject (subject to Head of Department approval)

After graduating with a BSc(Hons), it is possible to progress to a Masters degree (MSc), or to a doctorate (PhD).

Postgraduate Diploma in Science (PGDipSci)

1

The average number of years it takes to complete a Postgraduate Diploma in Science



Part-time must be completed within four years

A student who is within 15 points of completing all the requirements for a BSc may, with the approval of the Head of Department, enrol for a PGDipSci provided that the remaining course is completed within 12 months of entry to PGDipSci and is not a course required for the major.

Exercise Sciences

This qualification allows graduates to specialise in an area of particular interest in the Exercise Sciences.

Prerequisite

- A BSc major in Exercise Sciences, Sport and Exercise Science, or equivalent as approved by the Head of Department.

Programme structure

Each student needs to pass courses with a total value of 120 points.

- 15 points from EXERSCI 705
- 45 points from approved EXERSCI 700-level courses
- 60 points from other 600 or 700-level courses in:
 - Biological Sciences, Engineering, Exercise Sciences, Food Science, Nutrition, Physiology, Psychology, Statistics or related subjects, as approved by the Head of Department.

Students who have completed a PGDipSci may apply for entry to an MSc programme.

Clinical Exercise Physiology

This postgraduate diploma programme has been designed to provide students with academic and clinical experience related to the application of exercise as a therapy for people with a wide range of health conditions. In addition to course work, students will complete at least 200 hours of practical training working with clients at the Health and Performance Clinic located on the Tāmaki Innovation Campus.



Our Clinical Exercise Physiology programme has been awarded international accreditation by **Commission on Accreditation of Allied Health Education Programs**

Prerequisites

- A major in Exercise Sciences, Sport and Exercise Science or equivalent qualification
- EXERSCI 302 or equivalent as approved by the Head of Department

Programme structure

Each student needs to pass courses with a total value of 120 points.

- 90 points from EXERSCI 703, 705, 710, 712, 771 and 772
- 30 points from other approved 700 level courses in the Faculty of Science or the Faculty of Medical and Health Sciences

Suggested elective courses are: EXERSCI 706, 708, 713, 715 (recommended for students planning on the MSc in Clinical Exercise Physiology), MEDSCI 712 and 743, HLTHPSYC 714 and POPHLTH 739.

This postgraduate diploma programme prepares students for entry to the taught MSc in Clinical Exercise Physiology programme.

Master of Science (MSc)

A student who is within 15 points of completing a BSc(Hons) or PGDipSci may, with the approval of the Head of Department, enrol for MSc provided that the remaining course is completed within 12 months of entry to MSc.

This qualification allows graduates to specialise in an area of particular interest in:

Exercise Sciences (research MSc)

A research masters degree is an advanced postgraduate research programme that involves working on a scientific research project. This is a good option for students who are considering studying toward a PhD.

Note that mid-year enrolment is possible for MSc. Consult the department for advice.

Option one: prerequisites

- A BSc(Hons) or a PGDipSci in Sport and Exercise Science, Exercise Sciences or a PGDipSci in Clinical Exercise Physiology
- B- average in at least 90 points taken for the qualifying programme. At least 75 of these points must be in 700-level courses.

Programme structure

- 120 points: EXERSCI 796 MSc Thesis in Exercise Sciences

Option two: prerequisites

- A BSc major in Sport and Exercise Science, Exercise Sciences, or equivalent

Programme structure

- 15 points from EXERSCI 705
- At least 75 points from EXERSCI 702-704, 706-714
- Up to 30 points from other 700-level courses as approved by the Head of Department
- 120 points: EXERSCI 796 MSc Thesis in Exercise Sciences

Clinical Exercise Physiology (taught MSc)

This taught Masters programme includes course work, a dissertation, and at least 400 hours of practical training working with clients at the Health and Performance Clinic located at the Tāmaki Innovation Campus. Practical experience is gained by relating to people with cardiovascular, metabolic, musculoskeletal, neoplastic, neurological and pulmonary diseases, mood disorders, and/or who are recuperating from surgery, chemotherapy or other therapies.

Option one: prerequisites

- PGDipSci in Clinical Exercise Physiology or equivalent as approved by the Head of Department
- To be eligible for entry to this programme, students will have attained a B- average in at least 90 points taken for the qualifying programme. At least 75 of these points must be in 700-level courses.

Programme structure

Taught masters

- 75 points: EXERSCI 773, 774, 775
- 45 points: EXERSCI 792 Dissertation

Option two: prerequisites

- A BSc major in Sport and Exercise Science, Exercise Sciences, or equivalent approved programme

Programme structure

Taught masters

- 90 points from EXERSCI 703, 705, 710, 712, 771 and 772
- 30 points from other approved 700 level courses in the Faculty of Science or the Faculty of Medical and Health Sciences.



- 75 points: EXERSCI 773, 774, 775
- 45 points: EXERSCI 792 Dissertation

Graduates of the programme will develop advanced clinical and service delivery skills that prepare them to take the American College of Sports Medicine (ACSM) Registered Clinical Exercise Physiologist® Certification examination.



Commission on Accreditation
of Allied Health Education Programs

*On the 15 January 2015 the US Commission on Accreditation of Allied Health Education Programs (CAAHEP), accredited our **Clinical Exercise Physiology** programme. This level of accreditation is the highest available internationally, and ours is the first CAAHEP – accredited clinical exercise physiology programme outside the USA.*

www.es.auckland.ac.nz/caahep-accreditation

Masters (120 points) option one:
Full-time must be completed in one year and part-time must be completed within two years.

Masters (240 points) option two:
Full-time must be completed in two years and part-time must be completed within six years.

Doctor of Philosophy (PhD)

The PhD degree comprises a programme of advanced study and research, the results of which are presented in a thesis.

Quick facts

Points per degree: 360 points

Full-time study: 3-4 years

Part-time study: 6-8 years

Degree structure: research

Taught at: Tāmaki Innovation Campus

Application closing dates: apply at anytime

Start date: start at anytime

For more information, go to

www.science.auckland.ac.nz/phd

Entry to PhD

Entry into the PhD programme requires a Master of Science degree with first or second class honours (division one), or a relevant BSc(Hons) degree with first class or second class (division one) honours from a recognised institution. Candidates with overseas qualifications should consult the Department for advice.

Candidates may be required to enrol in one or more courses concurrent with research work to complement either their research work or their background in the subject.

Selection of supervisor

Students need to select research supervisors for BSc(Hons) Dissertation, MSc research thesis and PhD study in Exercise Sciences. Please contact individual academic staff for the projects that are of interest to you. You should consult with at least two or three staff members.

Staff contact:

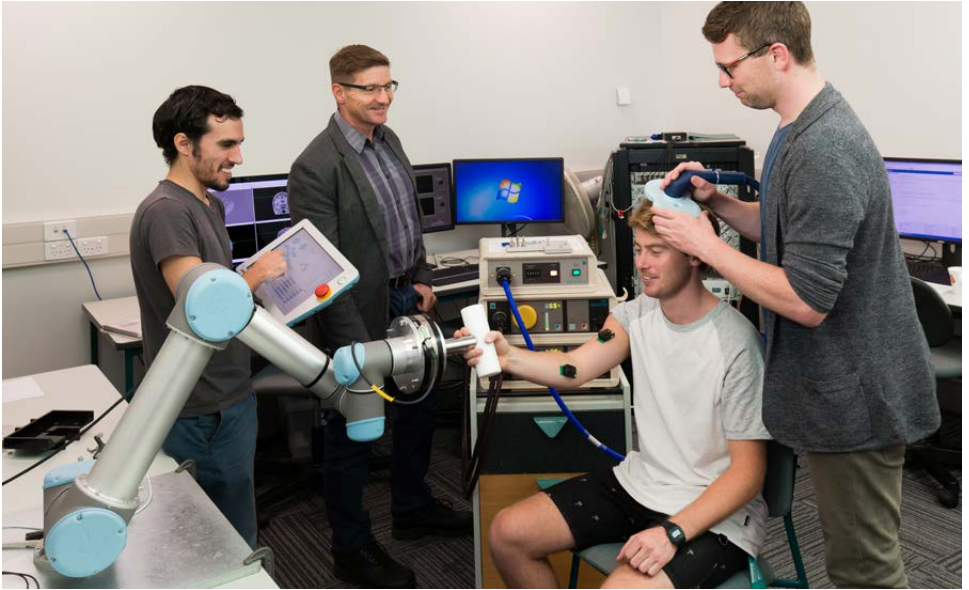
www.es.auckland.ac.nz/staff

Research topics:

www.es.auckland.ac.nz/research-topics

Find a thesis:

www.findathesis.auckland.ac.nz



Careers in Exercise Sciences

- Cardiac physiologist
- Cardiac perfusion technologist
- Clinical exercise physiologist
- Corporate health assessor
- Exercise scientist
- Human movement scientist
- Injury prevention consultant
- Research scientist (university or industry)
- Respiratory physiologist
- Fitness trainer
- Sport scientist (consultant in biomechanics, exercise, nutrition, physiology)

For our postgraduate course information, go to www.es.auckland.ac.nz/PG-courses



Meet our postgraduate students, practitioners and industry experts



Disclaimer

Although every reasonable effort is made to ensure accuracy, the information in this document is provided as a general guide only for students and is subject to alteration. All students enrolling at the University of Auckland must consult its official document, the University of Auckland Calendar, to ensure that they are aware of and comply with all regulations, requirements and policies.



Helpful information

Academic dates	www.auckland.ac.nz/dates
Academic Integrity Course	www.auckland.ac.nz/academic-integrity
Accommodation	www.accommodation.auckland.ac.nz
Apply for postgraduate study	www.auckland.ac.nz/applynow
Career Development and Employment Services	www.cdes.auckland.ac.nz
Childcare	www.auckland.ac.nz/childcare
Degree planning and course advice	www.science.auckland.ac.nz/student-centre
Disability Services	www.disability.auckland.ac.nz
How to apply	www.apply.auckland.ac.nz
How to enrol	www.auckland.ac.nz/enrolment
Information for postgraduate students	www.postgraduate.ac.nz
International students	www.international.auckland.ac.nz
Libraries and Learning Services	www.library.auckland.ac.nz
Māori and Pacific students	www.science.auckland.ac.nz/tuakana
Need help?	www.askauckland.ac.nz
Postgraduate Students' Association	www.pgsa.org.nz
Rainbow Science Network for LGBTI students	www.science.auckland.ac.nz/rainbowsience
Scholarships, awards and fees	www.scholarships.auckland.ac.nz www.auckland.ac.nz/fees www.auckland.ac.nz/studentloansandallowances
Support for science students	www.science.auckland.ac.nz/support

Questions about Exercise Sciences? Email exercise-sciences@auckland.ac.nz



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www.facebook.com/science.uoa

